

March/April 2013

My Maricopa

INSIDE THIS ISSUE:

the *Activity* guide
your guide to staying active in Maricopa





Catalog Codes & Help Guide	AG3
Programs:	
Art & Music	AG3
Camps	AG4
Dance & Gymnastics	AG4
General Interest	AG6
Sports, Health & Fitness	AG7
Training & Certifications	AG9
Sports Calendar	AG9



ART & MUSIC

Age-appropriate icons

help you find the programs and classes that are age relevant and may be suitable for you and your family:

-  May be suitable for children ages 1-5.
-  May be suitable for children ages 6-12.
-  May be suitable for teens ages 13-17.
-  May be suitable for older teens and adults ages 18+.

Where's my class? Here's a reference guide to help you better identify where our programs are located:

ATA = Maricopa Blackbelt Academy
 CAC = Central Arizona College
 CTR = Copa Center
 DSG = Desert Star Gymnastics
 DSP = Desert Sun Performing Arts
 MDF = Maricopa Dance & Fitness
 MPL = Maricopa Public Library
 MWM - Maricopa Wells Middle School
 RSS = Rise and Shine
 SDN = Southern Dunes
 SSM = Stage Stop Marketplace
 TBD = To be determined

How to read the catalog

correctly is important in selecting the programs that interest you and work with your schedule. Here's what you should expect to find in the program schedule line: Session, Age Requirement, Cost of Class, Day(s) of the Week, Date Range, Class Time and Location Code.

A Splash of Color Ceramics



Each class will offer 1 to 3 pieces of pottery to be designed (glazed), examples will be provided, but you are more than welcome to do your own design. In these classes/sessions we will offer and demonstrate many different techniques, designs, textures, glazes, ect. We will collect the glaze finished pieces and take them to our home and "fire" them in a kiln and return them to the participants at the next class/session. NOTE: Cost is per class. You may register for all or individual classes as desired.

1+	\$25	S	6/1-8/3	10AM-12PM	SSM
1+	\$25	S	6/1-8/3	1-3PM	SSM

Basic Beading Class



This class is geared for the beginning beader and will cover the basics of design, tools and materials as well as hands on instruction to complete a necklace, bracelet and earring set. Once the students get the basics down they will be able to advance to wire wrap and beyond. Tools and various bead kits will be included in the \$35 fee.

16+	\$35	S	6/1	1-4PM	TBD
16+	\$35	S	6/8	1-4PM	TBD
16+	\$35	S	6/15	1-4PM	TBD
16+	\$35	S	6/22	1-4PM	TBD
16+	\$35	S	6/29	1-4PM	TBD
16+	\$35	S	7/6	1-4PM	TBD
16+	\$35	S	7/13	1-4PM	TBD
16+	\$35	S	7/20	1-4PM	TBD
16+	\$35	S	7/27	1-4PM	TBD

Fabulous Faux: Classic Tuscan Metallics



Save thousands and learn a faster, easier way to use paint to replicate Old World, stone-like walls, and classic looks for a traditional theme. Learn how to add "bling" from metallics. Your instructor, a professional decorative painter with many years experience shows beginners some tricks of the trade, money-saving tips,

how to have perfect edges and how to "rescue" your wall. Bring a paint shirt.

18+ \$49 Th 5/30 6-8:30PM TBD

Instant Guitar for Hopelessly Busy People



You don't need years of weekly lessons to learn how to play piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. You will learn all the chords you'll need to play any song. If you can find middle C and know the meaning of Every Good Boy Does Fine, you know enough to enroll in this workshop.

18+ \$49 W 5/29 6:30-9:30PM TBD

Instant Piano for Hopelessly Busy People



You don't need years of weekly lessons to learn how to play piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. You will learn all the chords you'll need to play any song. If you can find middle C and know the meaning of Every Good Boy Does Fine, you know enough to enroll in this workshop.

18+ \$49 W 5/29 6:30-9:30PM TBD

Earth Day Recycled Art Contest



Who: All Maricopa Youth between Kindergarten - 8th Grade. **What:** Join the Maricopa Youth Council in celebrating Earth Day by participating in the 3rd annual recycled art contest. Interested participants can create any form of art they'd like using recycled materials. A celebratory event will be held on April 20, to recognize and display all of the beautiful artwork. **Why:** Raise awareness about recycling and going green. **Where & When:** Turn in at Maricopa City Hall between April 8, 2013 through April 18; Honorary event will take place on April 20. **Cost:** Free

SUMMER CAMPS

Cinderella Dance Camp



Calling all princesses! Come join us for Cinderella Dance Camp where your little princess can dance her heart out. In this two hour, five day program, we will study the Cinderella ballet, learn choreography, and do crafts and coloring. Our dance class will incorporate creative movement and pantomime, all focusing on Cinderella. Your little one will have a magical time in this exciting and fun dance camp!

4-5 \$60 M-F 6/17-6/21 9-11AM DSP
6-7 \$60 M-F 6/24-6/28 9-11AM DSP

Camp Sol for Children with Special Needs



Join us for the third annual Camp Sol as we will introduce the campers to an Animal Extravaganza! Campers are youth, ages 6 through 21, who have intellectual disabilities with the ability to participate in a 5:1 camper to staff ratio. Activities will include arts, craft, games, sport, cooking, and special guests as well as a daily themed lessons. If camper require more support, parent/guardian shall contact Camp Coordinator Pam Herrera at (714) 345-2495.

6-21 \$20 M-Th 6/3-6/27 9AM-12PM TBD

Hip Hop Dance Camp



Come learn hip hop with one of DSPA's finest. Dancers will learn various styles of hip hop and have a blast getting funky. No previous training required!

10-18 \$80 M-F 7/22-7/26 2-4PM DSP

Maricopa Children's Theatre



Come join Maricopa Children's Theatre for our summer camp show: The Emperor's New Clothes! Lots of laughs are in store when a mischievous tailor comes up with a sure-fire get rich quick scheme to embarrass the vain Emperor and make off with a basket of jewels and gold. Faithful to the original Hans Christian Andersen fairy tale with audience participation and lots of fun for everyone!

5-13 \$65 M-Th 6/10-7/13 1-4PM TBD

Rise and Shine Summer Camp



The City has partnered with Rise & Shine Exceptional Services to offer a half day thematic summer camp for special needs children and their siblings (as space allows). Rise & Shine's dedicated habilitation providers will work with your child to provide a fun and loving atmosphere and community outings! Children will be engaged in specialized sensory-motor, cognitive, communicative, social interaction and behavioral training to promote skill development including art, music and movement (Rise & Shine will provide the opportunity for your little camper to enjoy the rest of their day engaged in social activities at our comfortable little schoolhouse).

5+ \$20 M-F 6/3-6/27 12-4PM RSS

Star Art Summer Camp



Star will incorporate the weekly themes into fun fitness and gymnastics related activities. The children will bounce on a antrak, climb ropes, learn basics/intermediate level of tumbling. They will explore rings, balance beam, bars, and the only foam block pit in Maricopa. Instructor: Amy Bratlie Art - Artademics offers students the opportunity to explore, experiment, and discover connections between the visual arts and academics. The art curriculum offers, math, science, literature, and art history topics taught through a multimedia art experience. A different theme will be incorporated each day. Instructor: Terry Lynn McGinn PLEASE NOTE: cost is per day and you may register for all or individual dates (M-Th in July) as desires. Please call desert Star Gymnastics to set up day (520) 414-4991.

Single classes:

6-12 \$25 7/8-7/27 9AM-12PM DSG

6-12 \$25 6/3-6/29 9AM-12PM DSG

Multiple classes per week:

5-12 \$45 TTh 7/8-7/27 9AM-12PM DSG

5-12 \$45 TTh 6/3-6/29 9AM-12PM DSG

5-12 \$85 M-Th 7/8-7/27 9AM-12PM DSG

5-12 \$85 M-Th 6/3-6/29 9AM-12PM DSG

Summer Fun & Fitness Camps



Introducing the City of Maricopa's second annual summer recreation camp! Planned activities include games, sports, arts & crafts, guest speakers and special events. Kids will have a fun time participating in positive recreational activities. Camp staff will be trained and will have passed a background check. Lunch will be provided by MUSD's Food & Nutrition Department from Noon until 1:00 p.m. and Fun and Games will take place from 1:00 p.m. until 5:00 p.m. Camps will last for six weeks, *No camp on July 4. Cost: \$80 for the entire camp Contact: Rocky Brown at (520) 316-6835 or rocky.brown@maricopa-az.gov

6-12 \$80 M-Th 6/3-7/11 12-5PM TBD

DANCE & GYMNASTICS

Arizona 2-Step



True Country's Arizona 2-Step is a fun and progressive program that will teach key steps on each form of movement. You will learn: Key Steps, Connections, side passes, turns and much more! You will develop skills such as proper leading and following techniques, musicality, and proper foot work. PLEASE NOTE: Class is offered in a six week course; no class on July 5.

16+ \$48 F 6/7-7/19 7-8PM TBD

Beginning Ballet Dance Class



Ballet is the foundation for understanding movement execution for all other dance styles. Ballet Classes are known for developing ladies' overall strength, proper posture, flexibility and coordination.

7-10 \$30 S 6/1-6/29 9-10AM MDF

7-10 \$30 S 7/6-8/3 9-10AM MDF

Beginning Teen Jazz Dance



Jazz dance is a fun and vibrant mixture of various techniques. This high energy class

For more information visit
maricopa-az.gov

plays off the body's natural movement and rhythmic expectations. Routines are designed to increase body control, coordination, cardiovascular system and coordination. Enroll today to get moving and grooving. Each session is five weeks long. Dress code is loose fitting non-binding clothing.

7-11	\$30	S	6/1-6/29	11AM-12PM	MDF
7-11	\$30	S	7/6-8/3	11AM-12PM	MDF
12-16	\$30	S	6/1-6/29	12-1PM	MDF
12-16	\$30	S	7/6-8/3	12-1PM	MDF

Country Swing



True Country's Country Swing is a fun and energetic program that will help students learn key steps building upon each movement creating different combinations. You will learn: Key Steps, cuddles, vocabulary terms, fun turns and much more! You will develop skills such as: proper leading/following techniques, musicality, and proper foot work. NOTE: These classes are six week courses. No class the week of July 4.

16+	\$48	W	6/5-7/17	7-8PM	TBD
-----	------	---	----------	-------	-----

Creative Movement Dance



Let your little one explore movement and dance through creative skills and techniques. This will be a fun and active class that keeps them moving and grooving will engaged in learning new things. No dress code required. Each session is five weeks long.

1-3	\$30	W	5/29-6/26	10-10:45AM	MDF
1-3	\$30	W	7/3-7/31	10-10:45AM	MDF

Dance Choreography Workshops



Ever wonder how dances are choreographed? This workshop will teach dancers how to choreograph and improvise their own dances. Workshop will culminate in student choreography performance (Must have three years dance training).

10-18	\$80	M-F	7/8-7/12	2-4PM	DSP
-------	------	-----	----------	-------	-----

Flipping Star Tumblers



Star Tumblers class is designed for those who want to learn the skills of tumbling in a safe and fully equipped gym to reinforce and assist in other programs such as dance, cheer or preparation of Desert Star Gymnastics tumbling and trampoline programs, or for other programs. PLEASE NOTE: Class is offered once a week for four weeks. You may

choose from the following days: Monday or Wednesday, please call Desert Star Gymnastics to set up days (520) 414-4991.

One class per week:

5-8	\$48	6/3-6/26	5:30-6:15PM	DSG
5-8	\$36	7/8-7/24	5:30-6:15PM	DSG

Two classes per week:

5-8	\$83	MW	6/3-6/26	5:30-6:15PM	DSG
5-8	\$63	MW	7/8-7/24	5:30-6:15PM	DSG

Hip Hop Dance Classes



Learn the latest dance moves from all of your favorite video stars! Hip hop is an explosive dance style that mixes coordination and rhythm for an hour of fun. By combining fast paced rhythms and movement, your child will get a workout without realizing they are breaking a sweat! Each session is five weeks long. No dress code required.

7-11	\$30	W	5/29-6/26	5-6PM	MDF
7-11	\$30	W	7/3-7/31	5-6PM	MDF
12+	\$30	W	5/29-6/26	5-6PM	MDF
12+	\$30	W	7/3-7/31	5-6PM	MDF

Line Dancing



True Country's Line Dancing is a fun and inventive program that will teach key steps and turns from a variety of music. You will learn: Key steps, patterns, flair, turns and much more! You will develop skills such as, musicality, and proper foot work. PLEASE NOTE: Class is offered in a week six week course and no class the week of July 4.

16+	\$48	Th	6/6-7/18	7-8PM	TBD
-----	------	----	----------	-------	-----

Parent & Star



Parent & Star introduces your child to all the gymnastics equipment, develops core balance, strength, and socialization while spending some quality time with your child bonding and most of all, having fun!

1-3	\$52	T	6/4-6/25	6:15-6:45PM	DSG
1-3	\$39	T	7/9-7/23	6:15-6:45PM	DSG

Red Super Stars



Red Super Stars is designed for children that have perfected some of the basics taught in the Super Stars class including, but not limited to: learning the basics of vault, bars, beam, and floor events. Children learn core strength, flexibility and are progressively getting ready to perfect all their skills. PLEASE NOTE: Class is offered once a week for four weeks. You may

choose from the following days: Monday at 5:45-6:30pm, Tuesday or Thursday 5-5:45pm. Please call Desert Star Gymnastics to set up days (520) 414-4991.

One class per week:

7+	\$58	MTTh	6/3-6/27	5-5:45PM	DSG
7+	\$44	MTTh	7/8-7/25	5-5:45PM	DSG

Two classes per week:

7+	\$93	MTTh	6/3-6/27	5-5:45PM	DSG
7+	\$70	MTTh	7/8-7/25	5-5:45PM	DSG

Shooting Stars



Shooting Stars is a fun and progressive program that will teach safe basics on each piece of equipment in the gym. Children will learn: rolls, handstands, jumps, swings, and so much more! They will develop skills such as: walking on the balance beam, hanging on rungs and bars, pushing on pommel horse, jumping on tumble track and learn to develop weight transfer on the floor. PLEASE NOTE: Class is offered once a week for four weeks. You may choose from the following days: Monday or Wednesday 4-4:45pm, Tuesday or Thursday 4:30-5:15pm. Please call Desert Star Gymnastics to set up days (520) 414-4991.

One class per week:

5-6	\$58	6/3-6/27	DSG
5-6	\$44	7/8-7/25	DSG

Two class per week:

5-6	\$93	6/3-6/27	DSG
5-6	\$70	7/8-7/25	DSG

Star Tots



Star Tots is a wonderful class designed for children who are easily separated from their parents and can follow 1-2 step instructions. Boys and girls will be introduced to all the gymnastics equipment in a fun and safe environment. Children will develop core strength, flexibility and balance while safely learning the basics of gymnastics.

2	\$52	Th	6/6-6/27	6:15-6:45PM	DSG
2	\$39	Th	7/11-7/25	6:15-6:45PM	DSG

Super Star Boys



Super Star Boys is an all boy class that teaches the basics of gymnastics while giving boys the opportunity to work together on all skills such as still rings, vault, parallel bars, swinging, running speed, tumbling, men's high bar, hip circles, large swings, trampoline and coordination while developing core strength, upper body strength, flexibility and balance. PLEASE NOTE: Class is offered once a week

for four weeks. You may choose from the following days: Tuesday or Thursday 4:15–5pm. Please call Desert Star Gymnastics to set up day (520) 414-4991.

One class per week:

6+	\$58	6/4-6/27	4:15-5PM	DSG
6+	\$44	7/9-7/25	4:15-5PM	DSG

Two classes per week:

6+	\$93	TTh	6/4-6/27	4:15-5PM	DSG
6+	\$70	TTh	7/9-7/25	4:15-5PM	DSG

Teen Tween Mix



This class introduces tweens and teenagers to various forms of dance including Hip-Hop, Jazz & Ballet. No dress code required. Each session is five weeks long.

12-16	\$40	W	5/29-6/26	6-7PM	MDF
12-16	\$40	W	7/3-7/31	6-7PM	MDF

Tiny Tot Combo Ballet/Jazz



Students will learn how to work in a group setting without mom or dad. Class will spend 30 minutes on Jazz & 30 minutes on Ballet. This will be a fun and active class that will keep students moving and engaged in learning new things. Students are recommended to wear any color leotard with or without a skirt, pink tights, pink ballet shoes, and black tap shoes. Attire is not included in registration fee. Each session is five weeks long.

3-4	\$35	T	5/28-6/25	4-5PM	MDF
3-4	\$35	T	7/2-7/30	4-5PM	MDF
5-7	\$35	Th	5/30-6/27	4-5PM	MDF
5-7	\$35	Th	7/11-8/8	4-5PM	MDF

Tiny Tot Combo Tap/Ballet



Students will learn how to work in a group setting without mom or dad. Class will spend 30 minutes on Tap & 30 minutes on Ballet. This will be a fun and active class that will keep students moving and engaged in learning new things. Students are recommended to wear any color leotard with or without a skirt, pink tights, pink ballet shoes, and black tap shoes. Attire is not included in registration fee. Each session is five weeks long.

3-4	\$35	W	5/29-6/26	11AM-12PM	MDF
3-4	\$35	W	7/3-7/31	11AM-12PM	MDF
3-4	\$35	S	6/1-6/29	9-10AM	MDF
3-4	\$35	S	7/6-8/3	9-10AM	MDF
5-7	\$35	S	6/1-6/29	10-11AM	MDF
5-7	\$35	S	7/6-8/3	10-11AM	MDF

For more information visit

maricopa-az.gov

Tumble Stars



Tumble Stars is a fun and progressive program that will teach safe basics on each piece of equipment in the gym. Children will learn: rolls, handstands, jumps, swings, and so much more! They will develop skills such as: walking on the balance beam, hanging on rings and bars, pushing on pommel horse, jumping on tumble track and learn to develop weight transfer on the floor. PLEASE NOTE: Class is offered once per week for four weeks. You may choose from the following days: Monday or Wednesday 4-4:45 pm, Tuesday or Thursday 4:30-5:15 pm, Tuesday 6-6:45 pm, or Friday 10-10:45 am. Please contact the Gymnastics Studio to let them know what day you chose (520) 414-4991.

3-4	\$58	6/3-6/28	DSG
3-4	\$44	7/8-7/26	DSG
3-4	\$93	6/3-6/28	DSG
3-4	\$70	7/8-7/26	DSG

West Coast Swing



True Country's West Coast Swing is a fun and progressive program that will teach key steps on each form of movement. You will learn: Key Steps, Connections, side passes, turns and much more! You will develop skills such as: proper leading and following techniques, musicality, and proper foot work. PLEASE NOTE: Class is offered in a six week courses. No class the week of July 4.

16+	\$48	M	6/3-7/15	7-8PM	TBD
-----	------	---	----------	-------	-----

GENERAL INTEREST

And Then There Was One



Charlotte Fox is the author of "And Then There Was One," a workbook to guide one in preparing for the end of life. The author will guide you through the workbook of checklists and forms addressing legalities, health, finances, pets, and funeral arrangements. NOTE: class will have one hour break for lunch. Location: C115. Instructor: Charlotte Fox.

18+	\$29	T	7/30	10AM-3PM	CAC
-----	------	---	------	----------	-----

Basic Digital Photography



For community enrichment, study the basics of digital photography including tips on lighting and composition. Special Notes: Students must bring their camera and instruction booklet to class. Location: C115.

Instructor: Jake Johnson.

18+	\$29	W	6/26	9AM-12PM	CAC
-----	------	---	------	----------	-----

Basic Solar Oven Cooking



Students will learn the basics of solar oven cooking and how to build a simple solar oven. Special Notes: Students will furnish their own supplies based on a materials list distributed prior to the first day of class. The cost of supplies is not included in the course tuition fee. Location: C115. Instructor: Verl Long.

18+	\$29	Th	7/25	6-9PM	CAC
-----	------	----	------	-------	-----

Beginning Genealogy



Students will learn the genealogy research process and use forms and software programs to organize information and conduct Internet research. Room: C115. Instructor: Bob Lewis.

18+	\$59	M	6/3-6/24	1-3PM	CAC
-----	------	---	----------	-------	-----

Candid Photos for Kids



Has your child tried to take your camera away from you because they want to take their own picture? If yes, then sign them up for this class. We will focus on the basic skills of photography in a fun hands-on environment. Class fee includes camera and prints.

8-12	\$45	S	6/1-6/15	12-2PM	CTR
------	------	---	----------	--------	-----

Intro. to WordPress



WordPress runs approximately one in every five websites online today. Learn the ins and outs of setting up and running your own WordPress based website, including menu customization, search engine optimization, and management of themes, plugins, and widgets. (Additional costs associated with web hosting may apply for setting up a website in conjunction with the course, not required.) NOTE: You have to bring your own laptop to class.

14+	\$79	TTh	6/4-6/27	4-5:45PM	TBD
-----	------	-----	----------	----------	-----

Photography 101



This workshop series is designed for the beginning photographer. You will learn basic principles regarding camera functionality, composition, and lighting. You can take one course in the series or all three. So, if you are ready to improve your photography, then this workshop is for you! Don't forget your camera.

18+	\$75	S	6/1-6/15	9-11AM	CTR
-----	------	---	----------	--------	-----

Photography Workshop #1: Photography Basics



This workshop series is designed for the beginning photographer. You will learn basic principles regarding camera functionality, composition, and lighting. You can take one course in the series or all three. So, if you are ready to improve your photography, then this workshop is for you! Don't forget your camera. Workshop #1: Photography Basics Do you wonder what those little buttons are on your camera? This workshop will walk you step by step on aperture, shutter speed, ISO, white balance and much more! At the end of this workshop, you will be able to use your camera to its fullest capability.

18+ \$25 S 6/1 9-11AM CTR

Photography Workshop #2: Composition Matters



This workshop series is designed for the beginning photographer. You will learn basic principles regarding camera functionality, composition, and lighting. You can take one course in the series or all three. So, if you are ready to improve your photography, then this workshop is for you! Don't forget your camera. Workshop #2: Composition Matters Taking a great photo is more than lifting up your camera and taking a shot. In this workshop, you will learn how to achieve the best exposure, rule of thirds, family/ group arrangements, black and white photography and how to use your aperture for creative effects. This workshop will take you to the next level!

18+ \$25 S 6/8 9-11AM CTR

Photography Workshop #3: Practice at the Park



This workshop series is designed for the beginning photographer. You will learn basic principles regarding camera functionality, composition, and lighting. You can take one course in the series or all three. So, if you are ready to improve your photography, then this workshop is for you! Don't forget your camera. Workshop #3: Practice at the Park In this workshop, you will apply the principles regarding camera functionality, composition, and lighting. You will be given a series of assignments which will take you step by step. These include varying your shutter speed and aperture to achieve the best exposure, using

REGISTER ONLINE: MARICOPA-AZ.GOV

depth of field to get creative effects and applying the principles of composition. Your photos will be evaluated during the workshop or you can send to the instructor afterwards for additional critique.

18+ \$25 S 6/15 9-11AM CTR

Planning a Fundraising Event Part I



Learn the fundamentals of effective fundraising for your church, club, corporate, or non-profit organization. Learn strategic planning techniques to create a successful fundraising plan.

18+ \$25 W 6/5 6-8PM CAC

Planning a Fundraising Event Part II



Review the fundamentals of effective fundraising for your church, club, corporate, or non-profit organization. Create a team, select strategic planning techniques, and implement a successful fundraising event. Location: C115. Instructor: Karla Woods-Stephens.

18+ \$25 W 6/19 6-8PM CAC

Save Money Now (Without Living Like A Hermit)



Do you realize there are lots of ways to save money without having to radically change your lifestyle? You can save thousands of dollars a year by making simple changes and keep more of the money you earn for things you really enjoy. Being thrifty does not have to be a burdensome chore. It can be a lot more like digging for buried treasure. Come and discover some the creative money saving ideas that are really helping people out in these tough economic times. We will also discuss some ways you can easily earn extra money by using the skills you already have.

11+ \$49 T 5/28 7-8PM TBD

Secrets of Better Photography



Basic technology for both film and digital photography, including camera use, exposure and lighting. Explore strategies for taking excellent photos of all types including portraiture, landscape, macro and still life.

18+ \$29 W 7/10 9AM-12PM CAC

Truths and Myths About Reverse Mortgages



A study of the truths and myths about reverse mortgages, including the history of reverse mortgages, how reverse mortgages affect Medicare and Social Security benefits, eligibility, and the use of reverse mortgages as a wealth management tool. Location: C115. Instructor: Dan Morse.

18+ \$9 M 7/8 1-3:30PM CAC

Web Design Basics



Learn basic skills for web design for the Internet. The class will present and discuss best practices in HTML and CSS. Students will learn to build their own webpages from scratch using a text editor and current web browser tools. NOTE: You have to bring your own laptop to class.

14+ \$79 TTh 6/4-6/27 2-3:45PM TBD

MOVIES IN THE PARK



Pacan Park, 1900 N. Porter Road

Every other weekend beginning Saturday, May 4 through June 29.

Concessions available for a fee beginning at 7:00 p.m. Movie starts at dusk.

SPORTS, HEALTH & FITNESS

ATA Taekwondo



Karate Kids: Students learn Taekwondo from nationally certified Black Belt and Master Instructors in Maricopa's only full-time professional martial arts school. Students enjoy fitness, self-defense and life skills training through a variety of disciplined exercises. Featuring the Kids 'n Power child safety and bullying prevention program, ATA

REGISTER TODAY, ONLINE... ONLY AT MARICOPA-AZ.GOV

FIT/Warrior XFIT, and the latest in personal protection training. New/White, Orange and Yellow Belts only.

7-11 \$59 M 6/10-7/15 5:15-5:55PM ATA
7-11 \$59 T 6/11-7/16 4:30-5:10PM ATA
7-11 \$59 W 6/12-7/17 3:45-4:25PM ATA
7-11 \$59 Th 6/13-7/18 6-6:40PM ATA
7-11 \$59 F 6/14-7/19 3:45-4:25PM ATA

Teens & Adults: A traditional Taekwondo program taught by nationally certified Black Belt and Master instructors in Maricopa's only full-time professional martial arts school. Classes emphasize overall fitness and self-defense. Featuring ATA FIT/Warrior XFIT, and the latest in personal protection training. New/White, Orange and Yellow Belts only.

12+ \$59 M 6/10-7/15 7:30-8:10PM ATA
12+ \$59 T 6/11-7/16 7:30-8:10PM ATA
12+ \$59 W 6/12-7/17 7:30-8:10PM ATA
12+ \$59 Th 6/13-7/18 7:30-8:10PM ATA
12+ \$59 F 6/14-7/19 6-6:40PM ATA

Tiny Tigers: Students learn Taekwondo with an emphasis on listening and following directions. The ATA Life Skills education program prepares young children for school success by encouraging and rewarding discipline, respect, courtesy and self-control. Classes taught by nationally certified Black Belt and Master instructors in Maricopa's only full-time professional martial arts school. Featuring the Kids 'n Power child safety and bullying prevention program. New/White, Orange and Yellow Belts only.

4-6 \$59 M 6/10-7/15 3:45-4:25PM ATA
4-6 \$59 T 6/11-7/16 6-6:40PM ATA
4-6 \$59 W 6/12-7/17 5:15-5:55PM ATA
4-6 \$59 Th 6/13-7/18 4:30-5:10PM ATA
4-6 \$59 F 6/14-7/19 3:45-4:25PM ATA

Fit N Learn



Fit N Learn is an active approach to healthy learning. Children will be introduced to: Age appropriate and fun academics, large and small motor skills, and developing appropriate age and stages of development. We proudly use Peabody as our physical development guide. You may choose from the following days: Tuesday, Wednesday, or Thursday. Please contact the Gymnastics studio to let them know what days.

3-5 \$58 F 6/7-6/28 9-10:45AM DSG
3-5 \$44 F 7/12-7/26 9-10:45AM DSG

Heart Opening Yoga - All Levels



Unwind in the evening with Hatha Yoga, focusing on proper alignment and a positive attitude. This class is for anyone looking to lengthen and stretch those tight muscles, beginners looking for a fun and approachable practice, more experienced yogis looking to enhance their practice, and anyone needing a little peace of mind with active strengthening and relaxation. Modifications will be provided as necessary for both the beginner and intermediate student, with detailed verbal cues and hands on assistance offered throughout each class. Please bring a yoga mat and water. Instructor: Felicity Garcia

16+ \$48 TTh 5/7-5/30 5:45-6:45PM CTR
16+ \$48 TTh 6/4-6/27 5:45-6:45PM CTR
16+ \$48 TTh 7/9-8/1 5:45-6:45PM CTR

New Eden Pilates - Level 1



This Pilates class is influenced by balanced body which focuses on engaging the mind with the body. Every exercise is performed with attention to breath, proper form and full body strengthening. Pilates strengthens the core, improves balance, increases coordination, flexibility and overall health. Please bring a Pilates mat and water. Instructor: Christa Shauger RYT 200

16+ \$48 TTh 5/7-5/30 7-8PM CTR
16+ \$48 TTh 6/4-6/27 7-8PM CTR
16+ \$48 TTh 7/9-8/1 7-8PM CTR

New Eden Yoga



This yoga class is strongly influenced by the Anusara Method, which emphasizes the three A's, attitude, alignment and action. Attitude embraces the function of the heart in relation to the movement of the body. Alignment concentrates on the muscular, skeletal and internal organ positioning for body strength and balance. Action encourages the student to express the natural flow of energy with stability and fearlessness. To the yoga beginner, be encouraged and to the intermediate and advanced, be challenged. Please bring a yoga mat and water. Instructor: Christa Shauger RYT 200.

16+ \$48 MW 6/3-6/26 7-8PM CTR
16+ \$48 MW 5/6-5/29 7-8PM CTR
16+ \$48 MW 7/8-7/31 7-8PM CTR

Pilates for Seniors



Pilates provides a full body workout and focuses on core conditioning, increasing stamina and energy, strengthening arms, legs, back and buttocks. This is a way for you to regain, maintain and/or attain strength throughout the body. Wear comfortable clothing, bring a Yoga/Pilates Mat, bring water, towel and cushion for comfort. NOTE: No class on May 24. Instructor: Sylvia Norsworthy.

50+ \$45 TF 5/3-5/31 9:30-10:15AM CTR
50+ \$130 TF 5/3-8/2 9:30-10:15AM CTR
50+ \$24 F 5/3-5/31 9:30-10:15AM CTR
50+ \$65 F 5/3-8/2 9:30-10:15AM CTR
50+ \$24 T 5/7-5/28 9:30-10:15AM CTR
50+ \$65 T 5/7-7/30 9:30-10:15AM CTR
50+ \$24 T 6/4-6/25 9:30-10:15AM CTR
50+ \$45 TF 6/4-6/28 9:30-10:15AM CTR
50+ \$24 F 6/7-6/28 9:30-10:15AM CTR
50+ \$24 T 7/9-7/30 9:30-10:15AM CTR
50+ \$45 TF 7/9-8/2 9:30-10:15AM CTR
50+ \$24 F 7/12-8/2 9:30-10:15AM CTR

YOUTH COUNCIL



Applications will be accepted for the 2013-2014 Maricopa Youth Council starting Aug 1, through Aug 29. Interested applicants must be between the ages of 14-18 and be residents of Maricopa or the surrounding planning area. For more information, contact Rocky Brown at (520) 316-6835 or rocky.brown@maricopa-az.gov.

Who: All Maricopa Youth between 14-18 years of age. **What:** 2013-2014 Maricopa Youth Council. **Why:** Be the voice of the youth in the community! **Where:** Applications available at Maricopa City Hall, Maricopa Public Library, Online and local schools starting Aug 1. **When:** Meetings bi-monthly on the 2 and 4 Tuesday. **Cost:** Free.

Strengthen, Lengthen and Tone, Mat Pilates - All Levels



Pilates helps to strengthen, lengthen, and tone while building core stability and flexibility. Integrating the six principles of Pilates (centering, concentration, control, precision, breath and flow), this class will allow students to push their physical limits while honoring their own level of ability. Please bring a Pilates mat and water. Instructor: Felicity Garcia.

16+ \$48 MW 5/6-5/29 6-6:45PM CTR
16+ \$48 MW 6/3-6/26 6-6:45PM CTR
16+ \$48 MW 7/8-7/31 6-6:45PM CTR

Stretch Classes



Do you work behind a desk for more than 6hrs a day? Do you wish to increase blood circulation throughout your entire body? If your answer is Yes then this is the class for you. Over the course of five weeks we will mix "typical" stretches with new resistance training to increase range of motion and flexibility to give you a leaner look. Each session is five weeks long. Dress Code is loose fitting non-binding clothing.

5+ \$40 W 5/29-6/26 6-7PM MDF

Yoga for Seniors



Yoga is an endless, individual, inner journey. No competition, goal or judgment. Everyone progresses at own pace. This class focuses on flexibility, strength, endurance, concentration, balance and relaxation. A gentle way to start Yoga. Bring a yoga mat, pillow or cushion, water and wear comfortable clothing. Instructor: Sylvia Norsworthy.

50+ \$45 TF 5/3-5/31 10:30-11:30AM CTR
50+ \$24 F 5/3-5/31 10:30-11:30AM CTR
50+ \$130 TF 5/3-8/2 10:30-11:30AM CTR
50+ \$65 F 5/3-8/2 10:30-11:30AM CTR
50+ \$24 T 5/7-5/28 10:30-11:30AM CTR
50+ \$65 T 5/7-7/30 10:30-11:30AM CTR
50+ \$24 T 6/4-6/25 10:30-11:30AM CTR
50+ \$45 TF 6/4-6/28 10:30-11:30AM CTR
50+ \$24 F 6/7-6/28 10:30-11:30AM CTR
50+ \$24 T 7/9-7/30 10:30-11:30AM CTR
50+ \$45 TF 7/9-8/2 10:30-11:30AM CTR
50+ \$24 F 7/12-8/2 10:30-11:30AM CTR

Zumba:



Zumba is a latin-inspired, dance-fitness class that incorporates latin and international music and dance movements. This class format combines fast and slow rhythms that

tone and sculpt the body in a high impact aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. Be prepared for an hour of non-stop dancing in a party-like environment. All levels welcome.

16+ \$35 T 5/28-7/30 7-8PM CTR

Zumba Toning



Zumba Toning raises the bar. It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast. I will provide the toning sticks needed and if a participant has there own they are welcomed to bring there own toning sticks.

18+ \$45 Th 5/30-8/1 7-8PM CTR

TRAINING & CERTIFICATIONS

Heartsaver First Aid w/CPR & AED



Students learn how to manage illness and injuries in the first few minutes until professional help arrives. Class includes general principles, medical/injury emergencies, adult/child/infant CPR/AED training using the new Nov 2010 guidelines. Each student who passes the class will receive an American Heart Association card, valid for two years. Please bring lunch.

15+ \$50 S 6/22 9AM-4PM TBD
15+ \$50 S 7/27 9AM-4PM TBD

Intermediate Computer Skills



For personal and/or community enrichment, develop intermediate level computer skills by using MS Office Word, PowerPoint, and Excel software applications, web searches, and Internet based applications. Location: C115 Instructor: Verl Long

18+ \$35 T 7/23-7/30 6-8PM CAC

For more information visit
maricopa-az.gov

Adult Softball

Registration through March 28
Program starts April 7

Youth Summer Basketball/ Youth Girls Summer Volleyball

Early bird registration at \$50

April 1 - April 27

Regular registration at \$60

April 28 - May 10

For more information, contact Community Services
at: (520) 316-6960

Questions? Contact Us...

Contact Community Services (520) 316-6960

Jennifer Campbell
Director
(520) 316-6966
jennifer.campbell@maricopa-az.gov

Brenda Campbell
Administrative Assistant
(520) 316-6963
brenda.campbell@maricopa-az.gov

Maria Billingsley
Recreation Coordinator
(520) 316-6962
maria.billingsley@maricopa-az.gov

David Aviles
Recreation Services Leader
(520) 316-6964
david.aviles@maricopa-az.gov

Monica Rubio
Recreation Coordinator
(520) 316-6965
monica.rubio@maricopa-az.gov

Rocky Brown
Youth Coordinator
(520) 316-6835
rocky.brown@maricopa-az.gov

Maricopa Public Library 520.568.2926

Kevin Drinka
Sr. Library Coordinator
(520) 233-2418
kevin.drinka@maricopa-az.gov

Stephannie Interrante
Library Assistant
stephannie.interrante@maricopa-az.gov

Vicki Mabery
Library Assistant
vicki.mabery@maricopa-az.gov

Vicki Rider
Library Assistant
vicki.rider@maricopa-az.gov

Kathleen Fullerton
Childrens Library Assistant
kathleen.fuller@maricopa-az.gov